

Nutrition Education Curriculum Resources/Materials

<u>Title</u>	<u>Main topics covered</u>	<u>Targeted Ages/Grades</u>	<u>Where to get curriculum</u>
<i>Fuel Up With 5 - NJ Race to Good Nutrition</i> http://njteamnutrition.rutgers.edu	Food Guide Pyramid (Interdisciplinary connections)	Grades K – 6	NJ Dept. of Agriculture; 609-984-0692
<i>Kids Strong</i>	Nutrition, physical activity and bone health	Grades 5 and 6	NJ Department of Health and Senior Services 609 292-1723
<i>Jump Start Your Bones</i>	Nutrition, physical activity, bone health/osteoporosis prevention	Grades 7 and 8	<i>Both curriculum are available free of charge when a teacher workshop is scheduled... Contact Dept. of Health</i>
<i>Pyramid Café</i>	Food Guide Pyramid (Interdisciplinary connections)	2 nd Grade	Dairy Council 1-800-220-6856
<i>Pyramid Explorations</i>	Food Guide Pyramid (Interdisciplinary connections)	4 th Grade	Dairy Council 1-800-220-6856
<i>YourSELF</i> Cost - \$28.75 http://www.fns.usda.gov/tn/Resources/yourself.html	Teaching smart choices about eating and physical activity	Middle School (grades 7 & 8)	Team Nutrition (web) or National Food Service Management Institute 1-800-321-3054
<i>The Power of Choice</i>	Guide and activities for making Healthy eating and fitness decisions	Young adolescents	Team Nutrition (web)
http://www.fns.usda.gov/tn/Resources/power_of_choice.html			

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<i>Food and Me</i> Cost - \$25.75	Basics of healthy eating (Integrated Approach)	Pre K - KG	Team Nutrition NFSMI, 1-800-321-3054
<i>Food Time</i> Cost - \$25.75	Basics of healthy eating (Integrated Approach)	Grades 1 –2	Team Nutrition NFSMI, 1-800-321-3054
<i>Food Works</i> Cost - \$25.75	Basics of healthy eating (Integrated Approach)	Grades 3 –5	Team Nutrition NFSMI, 1-800-321-3054
<i>Go, Glow, Grow: Foods For You</i>	Interactive nutrition activity booklet.	Ages 3 – 4	Team Nutrition (web)
http://www.fns.usda.gov/tn/Resources/goglowgrow.html			
<i>Community Nutrition Action Kit</i>	Nutrition education and activities	Youth, family, community	Team Nutrition (web)
http://www.fns.usda.gov/tn/Resources/cnak.html			
<i>There's a Rainbow On My Plate</i>	Importance of eating five or more servings of colorful nutrient rich fruits and vegetables every day.	Grades K – 3 and 4 th – 6 th	Produce for Better Health Foundation (web)
www.5aday.com/html/educators/educators_home.php			
Dole Classroom Materials	A variety of free classroom resources to reinforce the message of eating at least 5 servings of fruits/vegetables each day.	Elementary schools; cross curricular activities.	Dole Food Company (web)
http://www.dole5aday.com/Teachers/ClassroomResources/Instructional/T_Create5ADClassroom.jsp			